

State of California—Health and Human Services Agency
Department of Health Services



SANDRA SHEWRY
Director



ARNOLD SCHWARZENEGGER
Governor

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Dear Colleagues:

I am pleased to introduce the *California Obesity Prevention Plan: A Vision for Tomorrow, Strategic Actions for Today*, and want to extend my thanks to all of the advisory group members, forum participants, and partners across government who informed this document.

Prepared pursuant to the Budget Act of 2005, the plan builds on and is consistent with Governor Schwarzenegger's "Vision for California – 10 Steps Toward Healthy Living." Central to this vision is the belief that all sectors of society have a role to play in improving nutrition and increasing physical activity of Californians. The plan embraces this philosophy and suggests key actions for leaders from across our communities.

The Governor's and the state's firm commitment to healthy eating and active living is shown in the enactment of key recommendations in the plan:

- Landmark legislation in 2005 to ensure California's students have access to healthy food and beverages through strong nutrition standards in public schools and the means to include more fresh fruits and vegetables in school meals;
- \$40 million in ongoing grants to hire more credentialed PE teachers to help children develop healthy, life-long exercise habits;
- \$500 million for the purchase of PE equipment and other supplies to improve and expand the infrastructure of school programs;
- \$3 million to meet an increased demand for the School Breakfast Program;
- \$15 million to revitalize the School Garden Program so that students can experience the important educational benefits of growing fruits, vegetables, and plants;
- 2006 legislation that provides incentives to increase purchases of fresh fruits and vegetables in low-income communities (AB 2384 - Leno) and education to parents to help prevent children from developing type 2 diabetes (AB 2226 - Garcia);
- Business sector commitments including, California Clubs of Distinction, (the fitness and racquet club industry) and the California School Board Association to work together and create a health, nutrition, and exercise curriculum and programming consistent with state law and individual school Wellness Policies;
- The California Restaurant Association and Healthy Dining will encourage California restaurants to offer a selection of appealing menu items that meet recommended nutrition guidelines, provide nutrition information for their healthier menu items, and clearly identify the healthier menu selections; and,
- The California Hospital Association will challenge all members to adopt healthy food and activity guidelines for hospital employees and their patients.

Please share this strategic plan with your partners and constituents. We look forward to working with you to continue to create an environment that encourages the health of all Californians.

Sincerely,

Sandra Shewry